WEBSITE HOOKS UP

PRISONERS WITH LOVE

ON THE OUTSIDE PAGE 4



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The Forks La Fourche Winnipeg Square town in a 48-hour period, starting with what turned out to be a gym bag in

635 Ferry Rd. www.ontimegroup.ca

Downtown hit with suspicious packages and power outage

Disruption. Police take no chances with second report of an abandoned suitcase

After a suspicious package forced the evacuation of Winnipeg Square Friday morning, the bomb unit was back in action Sunday morning when another suspicious package was found in the parking lot behind the Inn at the Forks.

While the package in Winnipeg Square turned out to be a sports bag, police took all precautions Sunday, taping off a large area surrounding the parking lot, including the Variety Heritage Adventure Playground, at around 10:30

Members of the bomb squad determined the package, an unattended beige suitcase, was not a threat, and the tape came down

just before 1 p.m.
Renée Delaurier-Jones notified staff after she noticed the suitcase in the parking lot around 9 a.m., when she parked to take her two kids and her niece and nephew to the park.

Just a few hours later, several streets downtown and in the Osborne Village area were dark after a power outage caused massive disruptions to hundreds of customers, including apartment blocks and businesses.

As of press deadline, Hydro would only say it was caused by a fire at a substation on Edmonton Street.

CHEVROLET DODG 1-877-796-0505 **NEW & USED** CHARANTEED APPROVAL 02 **NEWS** metronews.ca Monday, May 6, 2013

Some walked for MS...

Hannah Walker, 7, left, Gail Hall, Kylie Walker, 11, and Corey Walker were among the roughly 2,000 who took part in the Manitoba Liquor & Lotteries MS Walk through the University of Manitoba Sunday.



While others ran for WPS

Danny Gallagher of West St. Paul takes a deep breath just a few seconds after crossing the finish line of the Winnipeg Police Service's ninth annual Half Marathon at Assiniboine Park Sunday morning.

Swastika sign at PST rally 'shows ignorance'

Stirring controversy.

Comparing one per cent tax hike to the Holocaust causes an uproar

A sign with swastikas that was on display at Thursday's anti-PST increase rally is drawing criticism.

Along with the swastikas, the sign included the words "Sellinger + Struthers, Manitoba's SS," with "SS" a reference to the Schutzstaffel, which was a paramilitary organization under Adolf Hitler and his Nazi Party, and was the primary group that carried out the Holocaust.

The sign, which misspelled Premier Greg Selinger's name, had also been making the rounds on social media sites on Friday.

Maria Gluskin, a recent graduate of the Asper School of Business, said she saw the sign via a text message she received from a friend and feels it "shows ignorance more than anything."

"I was shocked. There's no correlation between the two," said Gluskin, who is of Jewish descent. "Yeah, OK, it sucks we're paying one per cent more — you can't compare that to genocide."

Janine Carmichael, Manitoba director of the Canadian Federation of Independent Business, which was one of the three organizing groups behind the anti-PST increase rally, said via her Twitter account on Friday afternoon that she agreed the sign was inappropriate.

"It's not what the campaign is about," Carmichael told Metro Winnipeg.

"This is a positive, grassroots campaign for tax fairness."

A provincial spokesperson said in an email to Metro "the sign was offensive. We believe all members of the Legislature would agree there is no place for this in the discussion."

BERNICE PONTANILLA/METRO



CURSIVE IS ALWAYS IN STYLE



WHAT'S GOOD Ace Burpee

The other day I received a handwritten note from Kayla, 11, graciously thanking me for giving her Taylor Swift tickets.

I was pretty stoked, and intrigued.

For the record, the old-school Thank You Note will never go out of style. Fact.

Secondly... the note was beautifully written. Not printed. Not typed on a laptop and printed off. Good old-fashioned handwriting. What I believe is called "cursive."

I honestly didn't think that happened anymore. It was fascinating to see.

Try, right now, to write the entire alphabet in capital cursive letters. If someone offered you a million dollars to do it, you may very well have just lost out on what sounds like the easiest payday ever. It's crazy hard all of a sudden.

I got as far as "E" and then proceeded to draw some sort of ridiculous shape that looked more like the outline of Lake Winnipeg than a capital "F." I don't want to not know how to write. I can't lament the perceived lack of penmanship today without first acknowledging that I've lost it. I'm getting it back. I'd prefer that writing still mattered.

So thank you, Kayla, for both the note and the wake-up call. Both still matter.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

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Monday, May 6, 2013

NEWS
03

Syrian rebels enter air base

Regional involvement.

Israel strikes at capital amid days of fighting

Rebels occupied parts of a military air base in northern Syria on Sunday after days of fighting with government troops who have been defending the sprawling position for months, activists said.

The Britain-based Syrian Observatory for Human Rights said rebels moved deep inside Mannagh air base, near the border with Turkey, despite fire from government warplanes. The Aleppo Media Centre says rebels captured a tank unit inside the base and that the base commander, Brig. Gen. Ali Salim Mahmoud, was killed.

The fighting came hours after Israeli warplanes struck areas in and around the capital, setting off a series of explosions as they targeted a shipment of highly accurate, Iranian-made guided missiles believed to be bound for Lebanon's Hezbollah militant group, officials and activists said.

The attack, the second in three days and the third this year, signalled a sharp escalation of Israel's involvement in Syria's civil war. Syrian state media reported that Israeli missiles struck a military and scientific research centre near Damascus and caused casualties.

Rebels have launched a wave of attacks on military air bases around the country in the past months in an attempt to deprive the army of a key weapon used to target anti-government forces.

Rebels have been trying to capture Mannagh air base for months but were able to take only small parts of it.

The Syrian conflict has killed more than 70,000 people, according to the UN.

THE ASSOCIATED PRESS

The enemy of my enemy.

Arab leaders' dilemma

Nearly all Arab states have sided with the rebels. And Israeli attacks were the type of response many had urged from the West. However, while Israel and many Arab states share suspicions about Iran, the perception that they're allied against Assad — even indirectly — is strongly knocked by Arab leaders.

No leader wants to be perceived as OK'ing Israeli attacks. Arab League chief Nabil Elaraby warned of serious repercussions and called on the UN Security Council to "immediately move to stop the Israeli aggressions on Syria."

THE ASSOCIATED PRESS



Bangladesh continues to mourn

A woman is comforted as she grieves after identifying the body of her daughter, a victim of the garment-factory collapse on Sunday in Savar, near Dhaka, Bangladesh. The death toll from the collapse of a shoddily built building in Bangladesh continued its horrifying (limb, reaching 622 on Sunday, with little sign of what the final number will be. The disaster is likely the worst garment-factory accident in history, and there have been few industrial accidents of any kind with a higher death toll. WOME MAYE-E/THE ASSOCIATED PRESS

Rowdy fan knocks down member of Mötley Crüe



A heavy-metal concert in Estevan, Sask., was rocked on Saturday night when a man, rushing from the audience, knocked a guitarist to the stage floor and grabbed the band's lead singer.

The incident abruptly stopped the Mötley Crüe show at Spectra Place. Security personnel and other staff rushed to the aid of guitarist Mick Mars before the rest of the band angrily walked off stage.

"What the f— is wrong with you, you f— idiot?" said singer

Vince Neil, leader of the group. The band later returned to the stage to finish its show.

The incident was captured on video and posted online. After apprehending the man, police in the city looked at footage of the incident while investigating on Sunday.

Estevan city police Const. Lana Gropp said the suspect, about 40 years old, told officers that he accidentally collided with Mars while trying to approach Neil.

"In his stride toward the

Health problems

It appears that Mick Mars, 62, may have been fortunate if he wasn't seriously hurt. He reportedly has ankylosing spondylitis, a medical condition in which bones are gradually fused together.

singer, he bumped into the guitarist and knocked him over — not intending to, I guess, in

his words. In his words, he didn't even touch the other gentleman," Gropp said.

"It appears, from the video ... like he had run into him. That's why it's an ongoing investigation at this point."

It was uncertain, Gropp added, whether charges would be laid against the suspect, a Saskatchewan resident from outside Estevan.

Mötley Crüe was scheduled to perform in Winnipeg on Sunday night.

ROSS ROMANIUK/METRO IN REGINA



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Inmates just prisoners of love

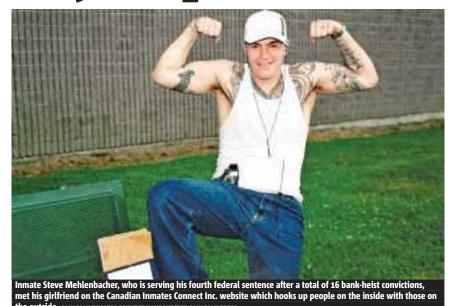
Hooking up. A dating website for Canadian convicts helps those behind bars find love on the outside

One bachelor says he can't be available for a first date for awhile - at least not before 2021. Another claims to hold the Toronto record for robbing the most banks in the shortest span: 11 financial institutions knocked off in four-and-a-half hours. "Not something I am really proud of," Alex Nikoloski writes.

The suitors are among dozens of male and female cons who have posted personal profiles and photos on a matchmaking website with a twist. This site hooks up people on the inside with those on the outside.

Canadian Inmates Connect Inc. showcases numerous prisoners serving life sentences and helps the incarcerated find pen pals and, perhaps, much more.

The 16-month-old website, which promotes some



40 convict profiles, has even churned out a few lockup

love stories. The site's founder, Melissa, a 35-year-old Toronto mom, says she was inspired to start the website after seeing similar ones in the United States. Melissa says most of the profiled prisoners heard about the website through word of mouth and inmate committees. They mailed her a blurb, photos of themselves and a \$35 annual membership fee.

For some, the results have led to jailhouse bliss.

Julie Young, 24, a single mother from Truro, N.S., credits the website for intro-



"I would marry him because I love him and I see

him having a really good future now."

Julie Young, 24. Her sweetheart, Steve Mehlenbacher, 42, is serving his fourth sentence after 16 bank-heist convictions.

ducing her to a convicted bank robber she hopes to marry one day.

Her sweetheart, Steve Mehlenbacher, 42, is serving his fourth federal sentence after a total of 16 bank-heist convictions.

Young plans to move across the country this month to be closer to her man, who's locked up in the medium-security Mountain Institution in Agassiz, B.C., about 140 kilometres east of Vancouver.

They have never met in erson, but they exchange letters regularly and have daily chats on the phone.

THE CANADIAN PRESS

Recreational league

Soccer referee punched by teen player dies

A soccer referee who slipped into a coma after being punched by a teenage player during a game a week ago died Saturday night, police said.

Ricardo Portillo, 46, of Salt Lake City passed away at the hospital, where he was being treated, police said. Police have accused a 17-year-old player in a recreational soccer league of punching Portillo after the man called a foul on him and issued him a yel-

The teen has been booked into juvenile detention on suspicion of aggravated assault. Spokesman Justin Hoyal said authorities will consider additional charges since Portillo has

Portillo suffered swelling in his brain and had been listed in critical condition Thursday at the hospital in the Salt Lake City suburb of Murray.

THE ASSOCIATED PRESS

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Calling all basement inventors: Industry Canada wants you

Home tinkering. Survey of consumer-innovators tries to assess how many Canadians are making the products of tomorrow in their own workshops

The federal government wants to tap into the skills of obscure basement inventors and turn their tinkering into innovative consumer products.

A new survey for Industry Canada has found that almost 13 per cent of Canadians are so-called "private innovators," who have improved on consumer goods or created new products in the last three years.

Recent research in the United States and elsewhere has found similar numbers of ordinary basement tinkerers, regarded by some as a talent



Gareth Grainger, 15, skateboards in downtown Vancouver in early April. Skateboards began as roller-skate wheels nailed to boards, a homegrown product later adapted and improved by manufacturers. Now the federal government wants to tap into the skills of similar home inventors. DARRYL DYCK/THE CANADIAN PRESS FILE

pool that consumer-products firms need to harness to find fresh profits.

Industry Canada paid \$80,000 to a survey firm, Ekos Research Associates Inc., to determine how many Canadians were themselves making the products of tomorrow in their workshops. The department has said the Ekos survey is part of a larger project to encourage product development through consumer-innovators, including "framework laws, expenditure programs and regulatory-standards systems." THE CANADIAN PRESS

Canuck e-tailers falling behind U.S. counterparts, report warns

Canadian retailers who have delayed launching a robust e-commerce website are running out of time and face "their last wake-up call," suggests a new report on the state of online shopping in Canada.

The report by the U.S.-based Forrester Research, funded in part by Canada Post and Shop. ca, is based on surveys with 1,103 Canadian online shoppers and concludes that U.S. e-

Quoted

"Canadian retailers should be shaking in their boots."

Forrester Research report

tailers are becoming better positioned to steal web revenues from homegrown companies.

"In the eyes of the consumer, the downsides of buying from a U.S.-based retailer rather than a domestic Canadian retailer are diminishing. Canadian retailers should be shaking in their boots," states the report.

"Canadian online shoppers will sacrifice any loyalty to Canada-domiciled retailers if they can find the same product cheaper online at an online marketplace or via a U.S. or international retailer."

THE CANADIAN PRESS

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metr⊕ **VOICES**

DEVELOPMENT? PUT A PLUG IN IT

If recent history and headlines are any indication, this city is going to drown itself through growth.

On the one hand, city hall complains it isn't getting enough financial support from the province to keep up with its infrastructure deficit. The situation is so bad, Deputy Mayor Russ Wyatt talked about shutting down bridges and cancelling major construction projects.

On the other hand, the city appears ready to begin the process of approving Ridgewood South, a massive new development in Charleswood that will need all sorts of new infrastructure. Meanwhile, other new areas such as Waverley West and

Sage Creek continue to stretch the city out in all directions. Anyone else feel like we're trying to bail water out of a sinking ship?

The problem is that most city councillors see only the



Colin Fast

winnipeg@metronews.ca

short-term benefits of new development — a bit of extra tax revenue, some photo ops, a vague sense of "progress" and campaign donations from homebuilders — and are almost oblivious to any long-term costs.

So what are those costs? First, there's all the new roads, sewer pipes, water lines and drainage infrastructure. And even when developers cover some of these charges, there's often road expansions needed outside of the development. For Ridgewood South, this includes at least a \$60-million hit for the city to extend the William R. Clement Parkway from Grant to Wilkes.

Beyond the bill for constructing new infrastructure, there's the long-term liability asso-

ciated with maintaining it. After all, now that you've got a bunch of shiny new roads, it makes sense to maintain them or you'll just repeat the same mistakes that led to apocalyptic potholes and exploding water mains in the older parts of

And there's the rub: By chewing up the limited budget for maintenance, all these new developments might actually make our existing infrastructure problems worse. And they claim this is progress?

The situation is no brighter on the services side. The city already spends almost half its annual budget on police, fire and paramedic services, and pushing the boundaries of development only increases the demand. Residents of new neighbourhoods also expect recreation facilities, garbage and recycling collection, transit service and libraries, all of which are net costs.

Yes, new developments generate new property-tax revenue, but is it really enough to pay for all the new infrastructure and services required while also contributing to rebuilding the older parts of town?

That's a question that councillors need to know the real answer to before they approve any more development. Because if we don't stop to plug some of the holes, then we're all going down together.

ZOOM

Round 1 ... and fight!



Cows lock horns to establish hierarchy

The cow Schakira, left, fights against Champion during the traditional annual Combats de Reines (Combat of the Queens), a cow fight in Aproz, in the western Alpine canton of Valais, Switzerland, on Sunday.

Valais is home to a unique breed of cows, the Herens, also called Eringer cows. The female cattle are robust and possess the singular characteristic of fighting among themselves to establish a hierarchy within the herd.

The behaviour of the breed has given way to the organized cow fight, which attracts stockbreeders and spectators yearly.

THE ASSOCIATED PRESS

It's an uphill battle

The cows' ritual happens naturally every spring as the cows make their annual climb to high mountain pastures.

The cows choose an opponent to lock horns with, and the fight ends when

the defeated cow walks away. At the end of the tournament, the cow who hasn't been defeated is crowned "the queen."

The queen becomes the leader, and guides the drove up the mountains



ANDREW FIFIELD

Now that the days have swung from promising to spectacular, it's past time to start stocking the summer-reading war chest. If you're already behind, don't waste any more valuable reading time wondering what to pick up. Just try these three sites for a few good recommendations instead.

Good Reads:

An all-purpose book lover's social network, with author interviews, reviews and news on community events such as book swaps. But the lists are where the magic happens - compiled by thousands of readers, the simple act of suggestion becomes a sprawling epic covering endless titles. (goodreads.com)

Shelfari:

A social network that's quite a bit like Good Reads, with a similarly robust stable of lists and tag clouds. However,

Shelfari's community is a step above and throwing yourself into the mix with your own library titles and personal reviews makes it all the better (shelfari.com)

What Should I Read Next:

Does all this talk of social networking and personal reviews sound like too much effort? This is about as simple as it gets. If The Hunger Games led you to The Maze Runner and you're wondering where to go next, plug those titles into WSIRN's search engine, and voila. (whatshouldireadnext.com)

As a teenager in Toronto, I strongly oppose underage drinking and feel that it is a growing epidemic in our

Recent studies have shown that more than 80 per cent of high school seniors in the U.S. admit to drinking alcohol. Further studies have shown that the average American has had his/her first drink at the age of 14. This is unacceptable, and is leading my peers into a lifestyle of substance abuse. Research shows that individuals who start drinking at a relatively early age are far more likely to become alcoholics.

Each year, approximately 5,000 deaths occur as a direct result of

underage alcohol consumption. The parents of these children need to be more involved in their children's lives, and not turn a blind eye to what they're doing. They should set boundaries and keep a close eye on the type of crowd their children are hanging around with.

I believe that underage drinking is a major problem in our society. It should be brought up to parents and children and dealt with appropriately. We should do whatever it takes to try to prevent it. Parents shouldn't allow their children to go to unsupervised parties where there's going to be drinking. I believe that the consequences should be stricter. Rahmeh Abdul-Jabbar, Toronto

NE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca



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Where's the album at?

Beyoncé. Release date rumours, album title rumours and cancelled press conferences has us all wondering the same question

MICHELLE CASTILLO

Is it out? Is it coming? Why hasn't Beyoncé's dropped?

Metro walks you through the winding road of pushed back release dates.

JANUARY 10

The February 2013 GQ cover story announces that Beyoncé's album could come out as early as April. She says the album will be mostly

"I always have my Prince and rock/soul influences. There's a bit of D'Angelo, some '60s doo-wop. And Aretha and Diana Ross," she commented.

FEBRUARY 11

The singer hints that the new album will be "a lot more sensual" and "empowering." So, she's still a fierce, independent woman, but she's crazy in love and bootylicious?

MARCH 10

A fake track list for Bey's new album surfaces online. Knowing what we know now, there's probably no chance that Ratchet (feat. Lady Gaga & Azealia Banks) and More Than Sex (feat. Ne-Yo) are real songs, seeing that all the singles she has released or previewed were not on the list.



Beyoncé releases Bow Down/I Been On on her web-

"I took some time to live my life, but don't think I'm just his little wife."

MARCH 19

MediaTakeOut that Beyoncé's new album now because the two songs that were released - Nuclear and Bow Down - were not doing so well.

"No one thought that both (songs) would fall flat. They were supposed to be her biggest two songs off the album, a source told the website.

MARCH 28

Rolling Stone reports the

new album is called Mrs. Carter (but reports on later dates say the album is yet-to-

Producer The Dream says Bey has a "very sexual" track called IV Play.

"She's talking about her man, hopefully," he said about the song during the

radio program The Angie Martinez Show. "She was talking that talk. That's one of the best performances I've heard from her in that

The new single Grown Woman is released in a minute-long Pepsi advertisement. The video features Beyoncé in a room full of mirrors. Each show a reflection of one of her old looks.

MTV says in a story about Kelly Rowland that her colleague Beyoncé will release an album within eight

Don't fret: Gwyneth Paltrow said Beyoncé's album will be out soon. She told Digital Spy that she's heard a "lot, lot, lot" of the songs, but she doesn't know which ones will be left on the cutting room floor.

Beyoncé performs Grown Woman in Paris, but the unnamed album and the track still have no release date.

APRIL 25

debuts Beyoncé 90-second clip of a new song called Standing on the Sun for her H&M ad campaign.

A publicist told Metro that a Beyoncé press conference in London, scheduled to promote her role in the animated film Epic, has been cancelled, along with a press screening of the film.

Perhaps this means she's finally finishing that album?



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metr⊕ 08 **DISH**

Pop goes the week

Billy Ray Cyrus is clueless and Clint Eastwood is wife-less



STARGAZING Malene Arpe scene@metronews.ca

As part of their divorce settlement, Joe and Tina Simpson split the life insurance policy on Jessica Simpson. Kris Jenner sends a "Kongratulations on being trail blazers" kard.

Billy Ray Cyrus says even he doesn't know when Miley and Liam Hemsworth will get married. That's not surprising. He also doesn't know that we all know he's wearing a wig.

Morgan Spurlock, who's working on a film about One Direction, says the documentary will include a doctor talking about what goes on inside a young girl's brain and body when she hears the boy band

play. The doctor says, "The neural and physical symptoms are configured in such as way as to create a psychological as well as corporal matrix of stimuli and after 23 years of intensive studies of the phenomenon of boy bands and their influence on teen girls, the conclusion is Blarg! OMG! Swoonerific!"

Amidst rumours of marriage trouble, Clint Eastwood takes off his wedding ring. He also goes shopping for a new sports car, gets a tattoo and lowers the waist of his pants to a jaunty four inches below his arm pits.

Lindsay Lohan may be launching a website about "art, fashion, music and movies." It will be a lot like Gwyneth Paltrow's site, except mostly about falling down in night clubs.

Alleged comedy Two And A Half Men will be returning next season without Angus T. Jones. Thus necessitating a change of the show's name to Two Men And A Blurry Photo On A Coffee Table.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Reese: BFFs with cops

Reese Witherspoon is continuing the damage control after her arrest last week in Atlanta for disorderly conduct. On Saturday, the actress was spotted arriving at LAX with one curious accessory: a hat bearing the seal of the Atlanta Police Department, People.com reports. We're

guessing this is an attempt by the actress to show the world that, "Hey, the cops and I are cool, OK?" but we're just curious about how she got that hat in the first place. Was it a parting gift after her time being booked in the station? We're guessing it wasn't part of the latest swag bag she got.



Pepsi cutting ties with Lil Wayne

PepsiCo is bowing to public pressure for the second time in a week and cutting ties to Lil Wayne over the rapper's crude reference to civil rights martyr Emmett Till in a song. Lil Wayne, one of the biggest stars in pop music, had a deal to promote the company's Mountain Dew soda.

Earlier this week, PepsiCo also pulled an online ad for the neon-coloured soda that was criticized for portraying racial stereotypes and making light of violence toward women. That ad was developed by rapper Tyler, the Creator.

metronews.ca Monday, May 6, 2013

On Friday, PepsiCo said in a statement that Wayne's "offensive reference to a revered civil rights icon does not reflect the values of our brand." It declined to provide any further comment.

A publicist for Lil Wayne, Sarah Cunningham, said that the split was due to "creative differences" and that it was an amicable parting. THE ASSOCIATED PRESS





Cooperation

Don't ask your kids, tell them

Do not pose instructions as a question.

"Do you want to put your mitts on?" will often get a reply of "NO!" Use an "it's time to..." statement.

"It's time to put your mitts on."

If "NO!" still happens you can say, "Oh, I didn't ask you, I was just letting you know what time it is "

ANDREA MAIR OF YUMMYMUMMYCLUB.CA

Environment

Diaper disposal does double duty

Want to know a clever way to make your dollar stretch further, get your baby gear doing double duty and be environmentally friendly?

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training, don't throw out that diaper disposal unit. Put it in your kitchen and use it as a dedicated organics disposal! It's smell proof, self-contained, and foot-pedal operated. What more could you want?

KAT INOKAI OF YUMMYMUMMYCLUB.CA

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Where does religion fit in?

Soul searching. Mom worries if she should be introducing some spirituality into her child's upbringing

JULIE M Green

YummyMummyClub.ca

After a recent near-miss faux pas (whereby I almost signed off an email wishing a Jewish acquaintance a Happy Easter), religion is at the forefront of my thoughts.

Though we were both raised Catholic, my husband and I made a conscious decision to eschew religion when raising our son. At the risk of facing the ire of in-laws, we decided not to christen him or to subject him to regular mass or sacraments. He is attending a public school.

Like many parents, we do not want to force a particular faith onto our child. Rather, we want him to make an informed decision about his own spirituality when he is old and mature enough to do so. Until then, we try to impart our Christian values in a loose, fairy



tale way. While it may be naive of me to think you can cherry pick parts of a given religion and discard those that leave a bad aftertaste, so be it. Yet part of me wonders if agnosticism is truly the right move. I wonder whether he is missing out on a distinct sense of community and tradition. When you don't belong to a religion, you are adrift. You have friends and family, sure, but no spiritual raft. Are we doing our son a disservice by leaving him out at sea with no oar?

For those who staunchly believe, faith creates order out of chaos, meaning out of meaninglessness. But at heart I'm a Lennonist (not to be confused with Leninst!). As in John Lennon, of Beatles All-You-Need-is-Love, fame.

I'm a big believer in love over rites and rituals. Given the choice, I'll choose human kindness and acceptance over doctrine and dogma any day of the week. Jesus loved sinners. However, I've come to the sad conclusion that the Church does not. But who knows what will happen with a fresh new pope in situ.

Though I wouldn't liken a religious upbringing with child abuse, as some atheists famously do, I question whether it is selfish to blackball my son's spiritual education.

If we don't teach him, how will he know what he's missing?

Will he resent us for not versing him in the ways of the Bible or introducing him to God, Allah, and Buddha?





DO ONE SIMPLE THING TO PROTECT YOURSELF FROM VISION LOSS

May is Vision Health Month: Book an eye exam with your Doctor of Optometry today.





metronews.ca
Monday, May 6, 2013

South Meets West: Fried chicken with an Asian twist



The U.S. South's love affair with fried chicken is being challenged by an unlikely influ-

ence: The North. Southern food has always been a confluence of cultures, it just happens that it's now the North that is infusing its ideas in the culinary mix.

This chicken dinner by Brooklyn-born Kentucky chef Edward Lee blends a staple of Southern cooking with two Asian ingredients.

1. In a large bowl, mix flour, salt, cayenne and garlic powder. Add chicken and toss to coat.

2. In a medium Dutch oven over medium, heat the oil until it shimmers. Add chicken pieces skin-side down and cook, turning once, 8 to 10 minutes. Transfer chicken to a papertowel-lined plate and set aside.

3. Pour off all but 30 ml (2 tbsp) of oil from the pot. Reduce heat to medium-low and add onions. Cook, stirring occasionally, 12 to 15 minutes. Stir in garlic and cook for 1 minute. Add bourbon and cook until liquid has evaporated, about 2 minutes.

4. Stir in chicken stock, orange juice, soy sauce and miso and bring to a simmer. Return chicken to the pot, cover

and simmer until it is cooked through, about 30 minutes.

5. Add mushrooms and simmer, uncovered, until they are tender and the sauce is the consistency of a gravy, about 10 to 15 minutes longer. Serve with rice. THE ASSOCIATED PRESS

Ingredients

- 125 ml (1/2 cup) flour
- 5 ml (1 tsp) kosher salt
- 5 ml (1 tsp) cayenne pepper • 5 ml (1 tsp) garlic powder
- 4 bone-in, skin-on chicken thighs
- 30 ml (2 tbsp) vegetable oil
- 500 ml (2 cups) chopped onions
 15 ml (1 thsp) minced garlic
- 80 ml (1/3 cup) bourbon
- 500 ml (2 cups) chicken stock
- 100 ml (1/2 cup) orange juice • 30 ml (2 tbsp) soy sauce
- 15 ml (1 tbsp) dark miso
- 8 oz shiitake mushrooms, stems discarded, thinly sliced
- Cooked rice, to serve

Healthy eating

Choose it and lose it



Everything in moderation is the key — especially when it comes to pastries. But some items are better left on the



Gourmet Cupcake With Icing

1125 cal/ 61 q fat/ 117 q sugar

Next time you're ready to inhale that cupcake, remember you're consuming close to your daily calories, fat and three days' worth of sugar!

Equivalent

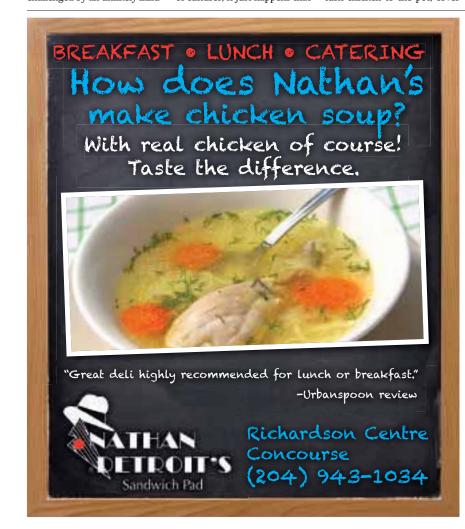
One gourmet cupcake with icing is equivalent in calories to two cans of whipped cream.



4 French Macaroons

280 cal / 13 g fat / 28 g sugar

These wonderful and different flavoured macaroons are filled with buttercream, and are more satisfying than the jumbo





You're more capable than you may know

Talents you have tucked away. Rev up your resumé by reflecting on your own transferable skills

VAN BUUREN

If you think you have little or no experience to offer prospective employers, think again, says Sandy Johnson, vice-president of NEXCareer.

We all get experience and skills from different places and various aspects of our lives, says Johnson. These versatile talents that serve you well in different jobs are often identified as "transferable skills."

'Sometimes we have difficulty seeing these competencies because they're such an integral part of who we are that we don't notice them," says Johnson. "But they're the same ones that make us stand apart."

If you are looking for a new job, identifying your transferable skills is the start to exploring what's next. Then, your goal should be to articulate skills in a way that a prospective employer can understand how they relate to the role that they're trying to fill.

You need to connect the dots for employers so that they can see how you can bring value to their organization," Johnson says.

Here are four common roles and some examples of their transferable skills:

Full-time parent/ homemaker:



If you've kept your cool in difficult situations, that could be a serious plus for your CV. ISTOCK

all encompassing, and some of the skills can be translated into a business context," Johnson says. For example, maintaining your home and property may require similar expertise to managing an office when it comes to selecting contractors or other suppliers. A homemaker has the skills to facilitate smooth daily operations much like skills that are valued in the workplace - project management skills (booking a family holiday), negotiation skills (you do it every day with your kids), and time management skills (reacting to changing priorities

Manual and other labourers have a range of transferable skills, says Johnson. "The ability to take direction and work independently as well as take initiative and deliver results is highly valued in many roles." Labourers are often task-oriented and show strong problem-solving skills to ensure a job well done within certain requirements and time frame (for example, finding faster/better ways to have flats of flowers "This is a huge job that is so planted by noon or dividing members to accelerate the pro-

Administrative assistant

Whether supporting one person or a team, this type of position demands organizational and planning skills, management of multiple parties with conflicting agendas and needs (boss, team members, clients, suppliers, etc.), confidentiality and discretion, multi-tasking and prioritizing, ability to improvise and being able to calmly make decisions.

Call centre representative

"Working with the public can be incredibly challenging because you're often on the receiving end of complaints and negative feedback. The ability to provide diplomatic and courteous service while making sure the customer is heard is a huge skill-set, appreciated everywhere," says Johnson. You need to demonstrate exceptional communication skills not just with the customer but with the rest of the team as well. This position entails diagnosing problems and offering

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs









What to pack and not to pack

With all the electronics kids have these days, from iPods to video game consoles and cellphones, parents should inquire about a camp's policy on these devices.

Cellphone use, in particular, might raise concerns about a camper's independence away from home. Those that allow cellphone use would be in the minority of camps and many camps are

simply out of range for most cellphone use anyway.

Some camps allow periodic phone calls from parents on traditional land-line phones, or will print out emails from home and distribute them like mail, but others don't allow non-emergency contact because they want to encourage a camper's adjustment and to discourage interruptions.

What you should take

with you to camp is going to vary on what camp you are attending and what activities you will be doing.

Some camps have this information available on their website or will provide you with this information when you register.

Here is a list of some of the basics, but check with your camp on what to bring and what to leave at home before you pack. Remember to label your belongings.

What to remember:

- Swimwear and sleepwear
- Comfortable, loose clothing
- Extra changes of clothes for warm weather and cool weather
- Rain gear
- Sunscreen (or any other UV protection)
- Hat with a wide brim

- Insect repellant
- Toiletries such as soap and shampoo, etc.
- Sturdy footwear that can handle rugged terrain
- Bedding
- Several towels
- Flashlight and extra batteries
- Refillable water bottle
- Optional items such as cameras, writing supplies, musical instruments, books, games

What to leave at home:

- Portable MP3 players and other music players
- Cellphones, PDAs, etc.
- Expensive items that will devastate your child if they are broken or lost
- Too much money a modest amount is all that's needed to buy the occasional treat or souvenir at the tuck shop.

METRO NEWS SERVICES



CAMP GUIDE

Answers will lead to positive experiences

If you are looking to choose a summer camp experience for your child then you already have an understanding of the positive impact summer camp can have on children.

The answers to these following questions should allow you to form reasonable expectations of the camp you choose for your campers.

What is the camp's staffto-camper ratio? This ratio indicates the overall level of supervision that the camp can provide your camper. Counsellor/camper ratios should be no larger than 1-to-

What measures does the camp take to ensure the safety of the campers? This question addresses supervision and the quality of staff. You should learn about the ages and qualifications of the staff, the camp's protocols of supervision and risk-manage-

8 for children younger than

seven, or 1-to-12 for children

ages eight to 16.

ment (buddy systems, cabin checks), and the guidelines set for campers (boundaries, water safety). What is the camp's staff return rate? A high staff

staff supervision, dedication to camp programs, and a high level of tradition.

What programs does the camp offer? Are you looking for a traditional and varied camp program, or a camp where campers hone a particular set of skills/talents?

How do campers choose their programs at camp? Asking for a description of a "typical day at camp" will give you a good idea of the campers' schedule, and will help you determine whether or not the campers' time is being spent productively, actively, and enjoyably.

What does the camp director/staff want the campers to take away with them at the end of their camping experience? The camp director's answer to this question will reveal the overall values and philosophies of the camp.

How does the camp and staff deal with issues like

homesickness, bullying, and campers with special needs? Staff should be trained in such areas as age-appropriate needs, behaviour management, methods of inclusion, and skill development.

What is the camp direc-What is the camp and tor's background and what are their qualifica-tions? The camp director's age, experience, education, character, and overall level

of maturity will determine their ability to run the camp safely, smoothly, and interact appropriately with staff and campers. The camp director is the person ultimately responsible for the care of your camper.

What kind of health-care facility/staff is available to the campers? Safety should be of the utmost importance at any camp. METRO NEWS SERVICES







CITY-CENTRED DAY CAMP for Fun and Adventure (For children 4-17 years)

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- ☐ Full-day fun and adventure Day Camp and Kinder Camp for children 4-12 years.
- Leadership Camp for teens 12-17 years promises opportunities and challenges to develop young leadership skills.
- Our community-centred day camps offer a wide range of supervised, fun, indoor and outdoor activities (gym & swimming, high energy games, crafts and theme days), to keep your child active and engaged all day long!
- Weekly excursions to a variety of destinations including our newest camp, Camp Douglas in Woodlands, Manitoba.
- Available at the Downtown, Elmwood-Kildonan, South and West Portage locations.



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On Lake of the Woods (For children 8-17 years)

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- skills, canoeing, sailing, swimming, high ropes and more.
- Camp resident and wilderness adventure programs

THE EXCITING NEW CAMP DOUGLAS...

Close to Home, Far from Ordinary (For children 6-17 years)

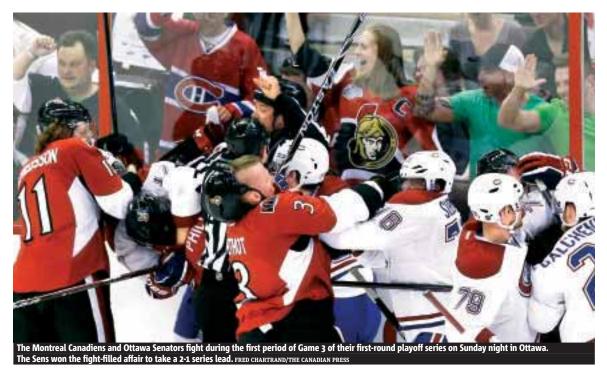
- A new, four-season camp on 40 acres of forested land just 34 km northwest of Winnipeg.
- Exciting activities, including climbing wall, high-ropes course, outdoor swimming pool with water slides, a mini-golf course, bikes and trails, create unforgettable camp adventures for your child.
- Along with our week-long camps for 6-14 year olds, Camp Douglas also offers Teen Leadership camping programs for youth aged 13-17 years.



For more information or to register, visit www.ywinnipeg.ca

14 SPORTS metronews.ca Monday, May 6, 2013





Senators have Habs back on their heels

NHL playoffs.

Canadiens unable to raise level of play to match hosts as Ottawa grabs 2-1 series lead

Jean-Gabriel Pageau scored his first NHL hat trick on Sunday night to lead the Ottawa Senators in a fight-filled, 6-1 victory over the Montreal Canadiens and a 2-1 lead in the best-of-seven series.

The third period started out with the Senators leading 2-1, but after Pageau's second

Game 3

6 1

Senators Canadiens

goal of the night and a Kyle Turris marker seven minutes in, emotions overflowed and a line brawl broke out at centre ice

Pageau, who was born in Ottawa, brought the 20,249 spectators on hand at Scotiabank Place to its feet after scoring his second of the game at 1:18 of the third period to give the Senators a 3-1 lead.

Turris' goal, his first of the series, at the seven-minute mark, put the game out of reach and on the ensuing face-off four fights broke out.

The Senators ended up with the man advantage and Jakob Silfverberg scored on the power play as he beat Habs goalie Carey Price up high to make it 5-1 with more than 12 minutes remaining

minutes remaining.

More penalties were taken and at one point Ottawa was left with just five players on the bench, while Montreal had six

Pageau completed the hat trick, just the second player in Senators history to score a hat trick in the playoffs after Daniel Alfredsson did it in 1998, with less than two minutes remaining in regulation.

Alfredsson scored Ottawa's opening goal and Craig Anderson stopped 32 shots.

Price faced 30 shots in a game he will want to forget. Rene Bourque scored the lone goal for the Canadiens at 14:34 of the first.

Captain Brian Gionta and Max Pacioretty, who both missed Game 2, were back in the lineup for the Canadiens. THE CANADIAN PRESS

NHL playoffs

Kunitz caps topsyturvy Penguins win on Long Island

Chris Kunitz scored his second power-play goal of the game 8:34 into overtime, off a pass from Sidney Crosby, and the Pittsburgh Penguins shook off an early deficit and a late blown lead to beat the New York Islanders 5-4 on Sunday in Game 3 of the firstround series.

The Pens rode ups and downs in taking a 2-1 lead in the series.

Pittsburgh trailed 2-0 just 5:41 in but rallied to lead 3-2 before the first period was over.

The Penguins seemed in control in the third, but New York erased a 4-2 deficit on goals by Kyle Okposo and John Tavares. THE ASSOCIATED PRESS

NHL playoffs

Zucker lifts Wild to OT win over Hawks

Jason Zucker scored at 2:15 of overtime to give Minnesota a 3-2 victory over the Chicago Blackhawks on Sunday, pulling the Wild within 2-1 in the Western Conference quarter-final

Zach Parise scored for the Wild early in the third period, but Duncan Keith got one back for the Blackhawks with 2:46 left in regulation to force the second overtime in three games of this best-of-seven series. Pierre-Marc Bouchard also scored for the Wild, while Johnny Oduya tallied Chicago's other goal.

THE ASSOCIATED PRESS

Gaydosh no longer in control of draft fate



Linden Gaydosh is used to being in control.

For four years, the Calgary Dinos' six-foot-three, 314-pound defensive tackle routinely was able to impose his will on the football field. Then this off-season, the native of Peace River, Alta., had ultimate influence on his workout results before CFL officials, as well as his conduct in the one-on-one interviews afterwards.

But now Gaydosh finds himself in unfamiliar territory. He has no control over where he'll be taken on Monday in the CFL draft.

"At this point it's all out of my hands," Gaydosh said. "That (indecision) has been tough.

"I really don't know what I'm getting myself into and what's going on just yet. I can't wait until the draft, when I know for sure."

Gaydosh won't have to wait long since he's the decided favourite to go first overall. What city he'll call home, though, remains unclear.

Hamilton has the No. 1 selection and is certainly interested in Gaydosh, flying him in on Friday for a meeting with head coach/GM Kent Austin and the club brass. That was a day after the Ticats at down with Dinos linebacker Mike Edem, another projected first-round selection.

But at least three other clubs — Winnipeg and reportedly Toronto and B.C. — have approached the Ticats about trading for the first

overall pick.

Austin said Friday he's willing to listen to other GMs and wouldn't be against trading the No. 1 selection if the right deal came along.

Gaydosh admits he's flattered to be mentioned as a potential No. 1 pick and if he goes first overall he'll enjoy allowing his family to revel in it. But he says it won't consume him.

"I know it's just an opportunity," he said. "It's not a guarantee." THE CANADIAN PRESS

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

↑ Aries March 21 - April 20

You have nothing to prove and nothing to feel bad about, so don't even think of trying to explain yourself to those who don't approve of your aims or your methods. What do you care what they think!

Taurus April 21 - May 21

It is a fact of life that some people rub you up the wrong way no matter how hard you try to like them. You will have to deal with such a person today.

II Gemini May 22 - June 21

You seem to believe that a friend has let you down and you are so annoyed that you may even be thinking of cutting your ties with them. Don't! According to the planets it's all a big misunderstanding.

9 Cancer

June 22 - July 23

If you feel less than motivated as the new week begins then don't force yourself to do things you know you won't enjoy. Not even a Cancer can be on top form all the time.

$\mathbf{\Omega}$ Leo

July 24 - Aug. 23

Whatever you do today make sure you do it to the very best of your abilities. If you don't you could draw the unwelcome attention of someone in power. Think of your reputation: make a good job a brilliant one.

W Virgo Aug. 24 - Sept. 23

What took place over the weekend may not have been to your liking but neither was it as bad as you think. This week's aspects are a lot more promising.

△ Libra

Sept. 24 - Oct. 23

Try not to take life too seriously today. Find ways to see the amusing side in everything that happens. Even the most solemn of situations can be god for a laugh.

M Scorpio Oct. 24 - Nov. 22

The world is full of possibilities but you seem determined to focus on the negative things. Why is that? Whatever the reason you need to snap out of it fast. Opportunities are everywhere.

Sagittarius Nov. 23 - Dec. 21

You will have to put up with an annoying person today, the kind of person you would usually cross the road to avoid. Try listening to what they have to say - they know something you should know too.

り Capricorn Dec. 22 - Jan. 20

There is no point trying to get approval for what you intend to do this week. Have the courage to go for it no matter what other people might think or say.

≫ Aquarius Jan. 21 - Feb. 19

What you think is important is really of no importance of all, so stop obsessing about it and turn your attention to more positive things. No matter what the "experts" say nothing bad is going to happen.

H Pisces

Feb. 20 - March 20

You may be tempted to give up on something that looks incredibly hard but you will regret it if you do. The approaching eclipse will sweep away all your doubts by the end of the week. SALLY BROMPTON

Crossword: Canada Across and Down

33

38

43

48

Across

- 1. Suffix with 'Hip'
- 5. Mr. van Koeverden, Canadian kayaker/Olympian
- 9. Lovestruck, olde-style 13. Being less diluted
- 15. Single-named Canadian
- songstress
- & The Bunnymen
- 16. __ & The Burning Ten 17. "Give __ __." (Try) 18. "___ you can't guess!" 19. Jazz singing style 20. Canadian ___ (Annual event of Spring in the
- capital region) 23. Intended
- 24. They're called in roll call
- 26. 'Motor' suffix
- 29. Purposes
- 31. Point __ (Canada mainland's most southerly tip)
- 33. Unkeyed, in music
- 35. Fashion designer, Rabanne
- 37. Bon Jovi song: "__ Your Hands on Me"
- 38. Tail: Prefix
- 39. "__ magic!"
- 41. Sigma's alphabetic
- follower
- 42. "5th __. Girl" (1939) starring Ginger Rogers
- 43. Guided
- 44. Young hawks
- 46. Plants trimmer
- -_ (Clark Kent, originally, on planet Krypton)
- 50. Capri pants, __-length
- 52. PMs and Prezzes
- 53. Narrates
- 55. Mr. Povich of TV talk
- 57. #10-Down, Canadian
- 62. Not-well-received movie

64. 'Million' suffix

- 65. "That's _ __ thing!" (Definite 66. Make clicking noises on the thing!" (Definitely)
- keyboard 67. Shade of blue ...or green
- 68. MLB Commissioner, Bud
- 69. Legis. meeting
- 70. 'Gen' add-on (Old Testament beginning)
- 71. Stuff-on-the-beach

- 1. After gargling, what the dentist
- 2. Anti-apartheid activist, Desmond

42

- 3. 'Gen' add-on
- 4. Regulated routine
- 5. Extraterrestrials
- 6. Modern music genre
- 7. Assist in wrongdoing

12. Full amount, for short

8. Montreal morning

9. Like some bagels,

11. Smashing Pump-

kins co-founder, James

-topped 10. __ & Stewart

- 14. Skipping __
- 21. Defective
- 22. Steam, for example 25. Alan Thicke's
- "Growing Pains" role,
- Dr. Jason
- 26. Shower sealant 27. "This is _
- (Dessert-getter's
- exclamation)
- 28. The __ (Canuck band for Deedee,
- Rooney and Moe)
- 30. Weekend day,
- wee-ly 32. Sentinels
- 34. Danny of "Do the Right Thing" (1989)
- 36. Mouthwash usage
- quantity 40. Pouch
- 45. Warrior of Japan
- 47. James Joyce's
- Dublin-set novel 49. Gets married quick-style
- 51. Snipped-off-of-clothes things 54. 'Cheap' completer
- 56. Small estuaries
- 58. Blueberry, and others
- 59. __-hoop
- 60. Daughter on "The Waltons"
- 61. Officially mailed letter, for short 62. Mil. posts
- 63. Caustic stuff

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

8	4	7	9	3	0	5	6	1
5	6	8	2	1	7	9	3	4
1	3	9	5	4	6	7	8	2
8	9	5	3	2	1	8	4	.7
4	8	2	7	6	5	1	9	3
3	7	1	4	.0	9	2	5	6
8	2	3	1	9	4	6	7	5
7	1	6	8	5	3	4	2	9
9	5	4	8	7	2	3	1	8

1			6			3
7	6		1		9	4
	3	9		5	6	
6						9
		1		6		
2						5
	9	3		1	4	
5	4		9		7	8
3			8			6

CONSULTATION

TODAY!

*Some restrictions apply

TODAY

MAX: 21°

MIN: 5°

TUESDAY

MIN: 9°

<u>*</u>





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o" WEEKDAYS 6 AM



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